

# Burien Senior Program

## Newsletter

July - August 2015



# Ballroom Dancing



For more information call (206) 988-3700

Throw on your dance shoes and have fun while getting fit!



**Featuring live dance music  
from Randy Litch!**



**When:**

Every Friday, Starting July 10  
1:45pm – 3:45pm

**Who:**

Adults of all ages welcome!  
Seniors don't need a partner to attend.

**How much:**

\$5 at the door, cash or check

**Location:**

Burien Community Center,  
Seahurst Room

## Information

### Burien Community Center

#### Hours of Operation:

Monday-Thursday	8:30am-8pm
Friday	8:30am-5pm
Saturday	8:00am-12pm
Closed Holidays	

### City of Burien Council Members

Lucy Krakowiak, Mayor

Steve Armstrong	Gerald Robison
Lauren Berkowitz	Nancy Tosta
Bob Edgar	Debi Wagner

### Burien Senior Program Staff

Kristy Dunn, Recreation Supervisor

Meagan Schmieder, Recreation Specialist

### Volunteer Staff

**Trips:** Marilyn Bickford, Bob Rothwell & Gerrie Kellogg

**Meals on Wheels:** Heidi Foote, Becky Hashimoto, Ginny Hill, Sue Jarrett, Teresa Kaufman, Karen Little, Nicky Macinnes, Timothy Manion, Teddi McDougall, Jon McGraw, Terry Moyer, Jeff Nelson, Jan Nickell, John & Dolores Nielsen, Tom & Billie Potts, Monda Rojas, Stephanie Ross, Marvin McMillan

**Hyde Shuttle:** Marilyn Bickford, Judy McGaughey, Bob Rothwell, Bonnie Timm, Clyde Hundley

## Services

The Burien Senior Program offers a variety of services to aid older adults. For more information or to schedule an appt, call our office at **206.988.3700**.

**Senior Rights Assistance:** A SHIBA representative is available for appts the 4th Wednesday of each month: Jul 22 & Aug 26

**Attorney Consultation:** Frank De Marco provides FREE consultation appts: Jul 16

**METRO Bus Passes:** You can apply for the **ORCA Regional Reduced Fare Permit**. Drop-ins available Jul 14, at 10:30am sharp.

**Foot Care Clinic:** Thursdays from 9am-3pm. \$33 per participant, per visit. By appt only.

**Medicare Consultation:** FREE consultation and workshop: 2<sup>nd</sup> Friday of the month, 1pm-3pm: Jul 10 & Aug 14

**Free Hearing Check:** Highline Hearing Professionals is offering free ear checks and hearing screens. Sign up now for your private appt: Wednesday, Aug 5 from 10am-11am.

**Chair Massages:** \$2 per 15 minute session. Donations are accepted. By appt on the 2<sup>nd</sup> Wednesday of the month, 10am-Noon: Jul 8 & Aug 12

## Telephone Numbers

**METRO CUSTOMER SERVICE**  
206-553-3000

**Americans with Disabilities Act (ADA) Paratransit Program**  
206-689-3113

### ACCESS

**Ride request** for registered riders:  
206-205-5000 or 1-866-205-5001

**BURIEN HYDE SHUTTLE**  
M – F, 9am – 4pm.  
Call 206-727-6262

**VOLUNTEER TRANSPORTATION**  
(one-on-one for medical appts)  
206-448-5740

**SENIOR INFORMATION & ASSISTANCE**  
206-448-3110

**HEALTH & HUMAN SERVICES**  
211

**MEALS ON WHEELS**  
206-248-5680



## NEED HOME REPAIRS?

Rebuilding Together Seattle (RTS) performs completely free home repairs for low income homeowners who are either:

- Seniors, over 65
- People living with disabilities
- Families with children under 18
- Veterans and their surviving spouses

RTS accepts applications year round! To obtain an application, please contact our office at 206.682.1231 or [info@rtseattle.org](mailto:info@rtseattle.org).



The contents of this newsletter are for informational purposes only. **Dates, times, locations and costs are subject to change.** The City of Burien and Burien Senior Program does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

## Announcements

# Thank You!

Ella Jeffery, Ruby Malbrough, Neta Hernandez and Christel Scribner for collating the May – June newsletter.

Jackie Thompson for delivering newsletters.

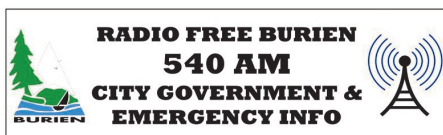
Bernie Houle for many hours helping set up and clean up for Pinochle.

Don Franks for donating medical lending supplies. Dee Dubois and Al Espinoza for donating supplies.

Dorothy Atkins for making a monetary donation to the senior program.

The senior program also received a donation in memoriam of Charma Ruseff.

**Please see the front desk if you have made a contribution and do not see your name.**



## - Cards - JOIN US!

### **Pinochle**

Tuesday & Thursday, 12pm-3:30pm  
Chelsea Room

### **Whist**

Wednesday, 1pm-3:30pm  
Chelsea Room

### **Bridge**

Monday, 11am-2:30pm  
Chelsea Room

**\$1/member, \$2/non-member**

**El Dorado West**  
1010 SW 134th Street  
Burien, WA 98146  
P 206/248-1975  
F 206/243-7382

Douglas Blake  
*Executive Director*  
DouglasB@villageconcepts.com



**El Dorado  
West**

A VILLAGE CONCEPTS  
RETIREMENT COMMUNITY

Luxurious Living  
for Seniors  
At Affordable Prices



Tel: 206-988-5117  
Fax: 206-988-5136

149 S 140th Street  
Burien, WA 98168

Amy Godsey  
Property Manager

FPI Management

## Drop-In Programs

Knitting/Crocheting Group - Every Tuesday from  
2-4pm in Lobby

SUMMER SESSION: Open Art Studio - Mondays  
from Noon-3:00pm in Eagle Landing Room  
(\$2 drop-in fee)

## You might qualify for a free toilet if you:

- You are a homeowner of any age with a Seattle Public Utilities account.
- You currently live in the home you own.
- Your existing toilets were manufactured before 1994.
- You meet income guidelines for your household size.

To find out call 206.448.5751 or email UDP@seattle.gov.



**BOULEVARD  
PARK PLACE**

ACTIVE RETIREMENT LIVING

Join us for Breakfast  
the 3rd Fri of each  
month. Call for info.

2805 S 125th St, Burien, WA 98168  
(125th & Military Road South)

Phone: (206) 243-0300 Fax (206) 243-5476

www.Boulevardparkplace.com Email: bppmagic@aol.com



**Murray's CARSTAR Collision**

22001 Pacific Hwy S. Ste 101  
Des Moines, WA 98198  
P 206-824-8454  
F 206-824-4733  
lisa@murrayscollision.com

CARSTAR.COM | 1-800-CARSTAR



# Summer Highlights



## Fitness

### Enhance Fitness, No class 7/3

Monthly 8:45am, 9:45am, 10:45am M, W, F  
Instructor: Alex Lewis \$35 / RD \$30

### Sitting Fit, No class 7/3

17818 June 22–Aug 28 3:30 PM–4:30 PM M, W, F  
Instructor: Alex Lewis \$10

### Early Bird Fitness

17837 July 6–31 6 AM–7 AM M, W, F  
17838 Aug 10–Sept 4 6 AM–7 AM M, W, F  
Instructor: Pam Odegard \$47 / RD \$41

### 3 R's of Exercise: Retain, Restore, Renew

17806 July 7–30 9:30 AM–10:30 AM Tu, Th  
Instructor: Eileen Broomell \$45/MD \$36

### Tai Chi in the Park, No class 8/13

17767 July 7–30 10:45 AM–11:45 AM Tu, Th  
17768 Aug 4–27 10:45 AM–11:45 AM Tu, Th  
Instructor: Viola Brumbaugh \$66 / RD \$60

### Chen Tai Chi Chuan in the Park

17770 July 7–Sept 15 6:00 PM–7:00 PM T  
Instructor: Viola Brumbaugh \$137 / RD \$130

### Qigong-Health of Body, Mind & Spirit in the Park, No class 8/12

17807 July 8–Sept 16 10:45 AM–11:45 AM W  
Instructor: Viola Brumbaugh \$90 / RD \$85

### Gentle Yoga

17839 July 8–29 6 PM–7:30 PM W  
17840 Aug 12–Sept 2 6 PM–7:30 PM W  
Instructor: Lori Leberer \$31 / RD \$27

### Low Impact Chair Yoga

17843 July 13–Aug 3 11 AM–12:15 PM M  
17844 July 15–Aug 5 11 AM–12:15 PM W  
Instructor: Janet Crawley \$39 / RD \$34

### Yoga Stretch & Strength

17862 July 13–Aug 3 9 AM–10:15 AM M  
17863 July 15–Aug 5 9 AM–10:15 AM W  
Instructor: Janet Crawley \$39 / RD \$34

### Strength Training with Thera Bands Workshop

17822 7/9, 8/13, 9/10 1:00 PM–1:40 PM M  
Instructor: Burien Nursing and Rehabilitation \$12/RD \$10

### Aqua Fit

17823 July 7–Aug 27 8:30 AM–9:30 AM Tu, Th  
Instructor: Highline Club \$101 / RD \$96

HEALTHWAYS

**SilverSneakers®**  
FITNESS

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Free to qualified SilverSneakers members. No class 7/3

Monthly 12:15 PM–1:00 PM M, W, F  
Instructor: Alex Lewis \$35 / RD \$30

**RECEIVE A**

**\$10.00**  
DISCOUNT

**ON ANY DANCE  
OR FITNESS CLASS!**  
(for those 50+)

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

**SHAPE UP!**  
**BURIEN**

**See Summer Recreation Brochure for a  
complete listing of classes & descriptions.  
Pre-registration required.**



## Enrichment

### Innovative Stitches

Get together with other local fiber arts enthusiasts to share your love of all things stitched; needlework, beading, quilting and more! You may work independently or collaborate with others on a project. Bring your creativity and supplies. All skill levels are welcome.

17832 Jun 24-Aug 26 10:30 AM-12:30 PM Classes: 10 Days: W  
\$23 / RD \$20

### Watering & Fall Plantings

Supplement your groceries and reduce your bills with a wonderful summer garden and learn how to transition to fall. With special emphasis on fall crops, topics will include method and crop planting to enrich the soil, mulching, composting and watering. On site in the Burien Community Garden; hands on with a Garden Hotline educator from Seattle Tilth.

17775 Jul 11-18 10:00 AM-12:00 PM Classes: 2 Days: Sa  
Instructor: Seattle Tilth \$12 / RD \$10

### AARP Smart Driver Course

AARP offers a two-day Safe Driver Course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$2 at the time of registration and \$15 for AARP members/\$20 for non-members to be paid in class.

17808 Aug 25-26 12:30 PM-04:30 PM Classes: 2 Days: Tu-W  
Instructor: Richard Silva \$2

### Writers Workshop

Whether your goal is to write your family history or the 'great American novel', a beginner or published author, you'll expand your horizons and hone your communication skills with the encouragement of this friendly, supportive group. Join the fun!

17825 Jul 10-Sep 11 10:00 AM-12:00 PM Classes: 10 Days: F  
Instructor: Sallie Tierney \$39 / RD \$30

## Computers & Photography

### Digital Photos: Your Camera & Computer

17827 Jul 10 9:30 AM-12:30 PM F \$35 / MD \$26

### Smart Device: Phones & Tablets

17828 Jul 17 9:30 AM-12:00 PM F \$35 / MD \$26

### eBay for Beginners

17830 Jul 24 10:00 AM-12:00 PM F \$35 / MD \$26

### Computer 101

17826 Aug 7 10:00 AM-12:00 PM F \$35 / MD \$26

### Intermediate Computers

17831 Aug 14 10:00 AM-12:00 PM F \$35 / MD \$26

Instructor for all classes: John McLaughlin

## Become a Hyde Shuttle Volunteer Driver!



The Hyde Shuttles offer a fun and rewarding volunteer opportunity.

Call Senior Services at  
206 748-7588 or apply online!  
[Seniorservices.org](http://Seniorservices.org)

### Scholarships are available to seniors in need!

Scholarship applications may be obtained at the front desk or by contacting any of the senior program staff at 206.988.3700. Please don't hesitate to use this fund, it was established for you!



## Water Exercise Classes

Mon-Thur 8:00-9:00AM and Mon/Wed 7:00-8:00PM

Try a FREE class!

Low impact workouts conducted in the shallow end of the pool. Classes combine cardio, toning exercises, balance and flexibility training. Workouts can easily be modified for those with physical limitations. You do not need to know how to swim in order to participate!

Pricing	Adults	Seniors
Drop-in	\$6	\$5
10-Visit Punch Card	\$55	\$45

606 SW 116<sup>th</sup> St Seattle, WA 98146

206.588.2297

[www.EvergreenPool.org](http://www.EvergreenPool.org)



# Summer Travel



## Angel of the Winds Casino\*

Check out 'The World's Friendliest Casino,' nestled in the Arlington area. Trip includes escort and transportation. Lunch is on your own.

17795 Jun 24 9:00 AM-5:00 PM W \$23 / RD \$20

## Tacoma Musical Playhouse: West Side Story\*

The world's greatest love story takes to the streets in this landmark Broadway musical. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 6/22.**

17800 Jul 11 12:45 PM-4:00 PM Sa \$54 / RD \$47

## Mount Rainier\*\*

'Oh, what a paradise!' Visit Mount Rainier National Park's main visitor center: the new Paradise Jackson Visitor Center. Trip includes admission, escort and transportation. Lunch at Paradise Inn or Paradise Camp Deli (\$7-\$12) is on your own.

17793 Jul 13 9:00 AM-5:00 PM M \$32 / RD \$28

## Sequim Lavender Festival\*

Spend the day in calm, serene Sequim exploring the many lavender fields and quaint town during festival time. The drive itself is worth the trip! Trip includes escort and transportation. Lunch is on your own.

17801 Jul 18 8:00 AM-6:00 PM Sa \$28 / RD \$24

17791 Jul 19 8:00 AM-6:00 PM Su \$28 / RD \$24

## Pacific Northwest Mushroom Festival\*\*

**NEW!**

Head to Lacey to sample great eats and learn more about these fabulous fungi. You will even get a sneak peek at what goes on inside a mushroom growing operation at Ostrom's Farm. Trip includes tour, escort and transportation. Lunch and festival admission (\$5) are on your own.

17798 Jul 25 9:00 AM-5:00 PM Sa \$28 / RD \$24



**Trip Rating: All trips involve some degree of walking. Please assess your mobility when considering a trip.**

- \* Easy: mostly paved, minimal walking distance
- \*\* Moderate: sometime paved, may include stairs, moderate walking distance
- \*\*\* Difficult: some difficult terrain, uneven ground, stairs, incline, and/or extensive walking distance

## Hibulb Cultural Center & Seattle Premium Outlets\*\* **NEW!**

Explore the Hibulb Cultural Center and learn about the Tulalip Tribes history, traditional cultural values and spiritual beliefs. There will be a little time for shopping at the outlet mall as well. Trip includes admission, escort and transportation. Lunch is on your own.

17792 Jul 28 9:00 AM-5:00 PM T \$25 / RD \$22

## Proctor Arts Fest & Farmer's Market\*\* **NEW!**

Come and enjoy live music and local entertainment in Tacoma's beautiful Proctor District. Trip includes escort and transportation. Lunch is on your own.

17797 Aug 1 9:00 AM-5:00 PM Sa \$20 / RD \$17

## Westport & Winery\*

Enjoy some leisure time exploring the beaches and little shops along the waterfront. We will stop in at the Westport Winery where you can taste five wines for \$5 or explore the Sculpture Garden. Trip includes escort and transportation. Lunch and wine are on your own.

17787 Aug 7 9:00 AM-5:00 PM F \$28 / RD \$25

## Little Creek Casino\*

Trip includes escort and transportation. Lunch is on your own.

17794 Aug 14 9:00 AM-5:00 PM F \$23 / RD \$20

## Snoqualmie Falls Forest Theater: Music Man\*\*\*

Come enjoy a show beneath the beautiful trees while enjoying the fresh air. After the show you will enjoy a fabulous BBQ dinner! You have the choice of steak, salmon, chicken or vegetarian lasagna. Trip includes admission, meal, escort and transportation. **MUST REGISTER BY 7/24.**

17790 Aug 22 12:30 PM-6:30 PM Sa \$73 / RD \$66

## The Secret Garden Tea\*

Join us for an afternoon tea at The Secret Garden Tea Room, and then walk around the charming town of Sumner. Trip includes tea, escort and transportation. **MUST REGISTER BY 7/31.**

17788 Aug 28 9:00 AM-3:30 PM F \$56 / RD \$51

## Evergreen State Fair\*

Spend a glorious day exploring and getting 'lost' at the Evergreen State Fair in Monroe. Trip includes admission, escort and transportation. Lunch is on your own.

17786 Aug 31 10:00 AM-5:00 PM M \$23 / RD \$20

All programs, including travel, must adhere to the Parks & Recreation refund policy if there are any changes or cancellations. **(Note: A cold or common illness is not considered "medical," so if you wake up sick or choose not to drive even when programs are still running, you will forfeit your class and trip fee, even if your spot can be filled.)**

**Trip substitution cannot be made** without prior approval of travel program coordinator or supervisor. Please check at the front desk if you have any questions, concerns or comments.

## Extended Travel

**The Washington State Association of Senior Centers (WSASC) offers wonderful extended travel opportunities for seniors who would like to see more of America & the world.**

### **America's Music Cities Tour**

New Orleans, Memphis, Nashville

October 4–11, 2015

Highlights: French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Ryman Auditorium, Grand Ole Opry, Historic RCA Studio B, Country Music Hall of Fame, Wild Horse Saloon.

Includes 10 Meals, Air, Hotel, Tours and Transportation  
\$2,729 Double • \$3,429 Single



### **Spain's Classics**

March 2016

Highlights: Madrid, Seville, Granada, Valencia, and Barcelona.

11 Days, 19 meals, Includes Air  
\$3,599 Double Occupancy

### **Tropical Costa Rica**

November 2016

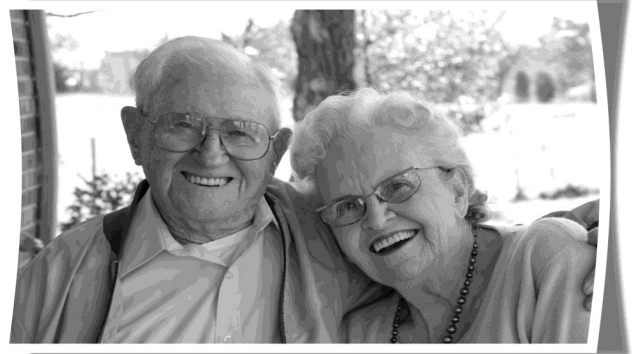
Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theatre.

9 Days, 14 meals, Includes Air  
Approximate Cost:  
\$2,599 double occupancy



**FOR INFO CONTACT**  
Sheri McConnaughey  
206.767.2321

We invite you to come to our events and experience a taste of the Daystar lifestyle. Through our supportive and educational programs and activities you will find life easy, fulfilling and fun! There's always something going on at Daystar!



**Stop by to see us and learn about our special pricing and move-in incentives!**



**DAYSTAR**  
RETIREMENT VILLAGE  
*It's so good to be home!*

**(206) 937-6122**  
2615 SW Barton St  
Seattle, WA 98126

[www.DaystarSeattle.com](http://www.DaystarSeattle.com)



## Special Event

### **Seattle Mariners vs. Colorado Rockies\*\***

Join other seniors from across the state to see the Mariners take on the Colorado Rockies. Seats are located in the Terrace Club where every spot has a fantastic view. Trip includes admission, escort and transportation. Lunch is on your own.



Sunday, September 13

11:00 AM-5:00 PM

\$62 / RD \$56

**MUST REGISTER BY 8/19, #17968**



**BURIEN SENIOR PROGRAM**

14700 6th Ave SW

BURIEN, WA 98166

PRESRT STD  
US POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT NO. 5859



**2015** Presented by City of Burien  
Parks, Recreation and  
Cultural Services

**Music  
in the Park**

**free**

**AND Theatre & Movies Too!**

**Wednesday  
& Thursday  
Evenings**

**JULY 9–AUG 20**

FOR MORE INFORMATION  
206-988-3700 // [www.burienwa.gov/concerts](http://www.burienwa.gov/concerts)

**Wednesday Nights**

6:30–8:00pm, North SeaTac Park  
S 128th St & 20th Ave S

- JULY 15** Whozyamma  
Cajun/Zydeco
- JULY 22** Highline Community  
Symphonic Band
- JULY 29** Abrace  
Acapella/World Music
- AUGUST 5** The 14/48 Projects  
Theatre for the whole family!  
The Journey of the Bell:  
Tales of Wonder & Adventure  
from Hans Christian  
Andersen

**Thursday Nights**

6:30–8:00pm, Lake Burien School Park  
SW 148th and 16th Ave SW

- JULY 9** The Staxx Brothers  
Hip Hop/Soul
- JULY 16** The Diamond Experience  
All Neil Diamond!
- JULY 23** Ranger and the Re-Arrangers  
Gypsy Jazz
- JULY 30** Buena Vibra // Salsa
- AUGUST 6** Modern Relic // Country
- AUGUST 13** Adrian Xavier // Reggae
- AUGUST 20** Burien Film Festival  
Starts at dusk, about 8:30pm.  
Ten locally produced shorts films.

**Theatre in the Park!**

Burien Arts Association and GreenStage  
Presents Shakespeare in the Park

7:00pm, Dottie Harper Park  
421 SW 146th // [www.burienarts.org](http://www.burienarts.org)

- JULY 25** The Two Noble Kinsmen
- AUGUST 1** Much Ado About Nothing

